



EXTRA 1-5 LBS.... NO WAY....NOT THIS
YEAR!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

The Project Zero Challenge is Back!!!!

Holiday weight gain is the unwanted, unhealthy, unnn-
reeturnable gift that keeps on giving!

Most people do not lose the 1 lb. to 5 lbs. they gain between
Thanksgiving & New Years!

Balancing calories, controlling portions, hunger cues,
enjoying the season, and staying tuned in are ALL so
challenging.

This holiday challenge yourself!

Monday November 21, 2016 initial weigh ins can be
completed at Public Services from 7:00 a.m. until 11:30 a.m.

The final weigh-ins will be on Monday, January 9, 2017

2 Prize Winners

Drawing on Wednesday, January 11, 2017 @ 2:00 p.m.

Prize #1 valued at \$100 Prize #2 valued at \$50